
**FCPS Family Support Services &
Frederick County Infants & Toddlers**

LUNCH & LEARN WORKSHOP SERIES

**Worry and Anxiety in Children and Adolescents:
Using evidence based strategies to helping kids and caregivers cope
during tough times.**



Thursday, January 28

12pm—1:30pm

Virtual Meeting—Link will be shared after Registration

**Participants are encouraged to ask questions and generate
topics which might include:**

- Signs and symptoms of anxiety disorders
- Review the difference between a stress response vs. anxiety disorder
- Discuss how an anxiety disorder in children/adolescents impacts online learning
- Discuss how coping strategies need to be adjusted given the current pandemic

To register: <https://worryandanxiety.eventbrite.com>

Dr. Erin D. Berman is a Clinical Psychologist at the National Institute of Mental Health in Bethesda, Maryland. She received her clinical psychology doctoral degree from Rosalind Franklin University / The Chicago Medical School. Her clinical training continued with attending the Boston Consortium of Clinical Psychology where she was a Harvard Medical School Fellowship recipient. She completed post-doctoral re-specialization in child and adolescent Anxiety Disorders at Temple University. Her main area of interest continues to be in cognitive behavioral interventions for children, adolescents, and adults with anxiety disorders.
